

# **Allergy Free Seafood**

**Includes vision and physical accessibility notes**

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**Previously published as Coffee, Tea, and Gluten Free: The Cookbook by April D Brown.**

**Cover is a composite of Pixabay pictures.**

## Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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## Seafood and Fish

Not that long ago, fish were only available locally near the places where they swam. With the advent of freezers, and canning techniques, fish could be transported anywhere.

Arctic sea life contains a high concentration of fats and oils required to sustain life in low temperatures. They are a good source of protein. In certain arctic cultures, fish and sea mammals were once the only food source available.

There is modern concern about pesticide, mercury, and garbage contamination in the seafood food chain. There are FDA recommendations on what is safe to eat, how much, and how often. Like other food, seafood is healthy in moderation.

At one point, farmed fish became a major player in the fish market. It seemed a good idea to build a giant pond, and raise as many of one species together as physically possible. Now, that is less favored. Raising a dozen or so in a large personal pond is safe, if the fish have plenty of room to swim, grow, eat, and meet their daily needs.

## Baked Fish

Restaurants are more likely to batter and fry fish than to bake it. Which can leave the fish tasting like greasy fried bread. Baked fish tastes like fish taste. In fact, there is no need to put any kind of grain on baked fish. It is commonly baked with butter, herbs, and lemon juice. And it is more of a summer by the stream meal. A light weight, filling, and easy to prepare dish without little cleanup needed. Light vegetables usually go with fish. Freezing before or after cooking is also an option, and an easy way to prepare a meal for later with fresh summer caught fish.

### Pre Cook Preparation:

Marinate: In lemon juice for 3 to 5 minutes

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Butter (lactose)

Fish

Lemon juice

Mushrooms

Onions

Pepper

Potatoes

Spices

### Meatless Preparation Avoid:

Butter

Fish

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: 1.5 quart oven safe oblong with lid

**Ingredients:****Meat:**

Catfish, or

Tilapia

**Vegetables:**

15 ounces of carrots

15 ounces of peas

15 ounces of potatoes (mashed)

**Other ingredients:**

1 tablespoon of butter

1/4 cup of lemon juice

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Place pieces of fish in the 1.5 quart oblong oven safe pan.
2. Add enough water to cover the bottom fully.
3. Add a dash of salt (and optional additional spice) across the pan.
4. Add a 1/4 teaspoon of butter to each piece.
5. Sprinkle a little lemon juice across the fish.
6. Cover and place in oven.

**Cook Temperature: 350 degrees**

**Cook Time: 20 to 30 minutes**

**Servings: Varies**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

**Add your oven time here: \_\_\_\_\_.**

## Clam Stir Fry

Before learning to live a gluten free lifestyle, fried clams were a favorite restaurant meal. Sadly, most restaurant clams come frozen and prepared in a gluten breading. Most grocery stores carry canned gluten free clams. A gluten free breading, partially cornmeal based, could be prepared at home. Then, the clam juice could be saved and used to flavor another dish. Clam stir fry is a great dish for something different to eat. It doesn't require much preparation time or physical energy. A seafood stir fry can introduce different textures of common food, and the unexpected flavors of special occasion foods.

### Pre Cook Preparation:

Marinate: No

A. Timer set to the time to begin preparation prior to cooking

B. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Clams

Mushrooms

Onions

Pepper

Spices

### Meatless Preparation Avoid:

Butter

Clams

Substitute with: \_\_\_\_\_



**Utensils:**

Chopping board  
Fork  
Paring knife  
Pot holders  
Spatula  
Spoon  
Pan: 8 inch frying pan

**Ingredients:****Meat:**

6.5 ounces of clams in clam juice

**Vegetables:**

6 ounces of chopped carrots  
6 ounces of corn  
6 ounces of peas

**Other ingredients:**

Vegetable oil  
Dash of salt  
Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Pour enough oil into the bottom of the 8 inch frying to coat it.
2. Add:
  - 6.5 ounces of clams and juice
  - 6 ounces of carrots
  - 6 ounces of corn
  - 6 ounces of peas
  - A dash of salt
- Optional:
  - Spices
3. Turn heat to medium.
4. Stir frequently until mixture lightly boils.
5. Turn heat down 1/3, and stir frequently.

**Cook Temperature: Medium to low**

**Cook Time: Varies, about 15 to 20 minutes**

**Servings: 2 to 3**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Not recommended**

## **Lobster Stew**

Eating lobster in a restaurant is not easily affordable and often part of a high gluten meal. However, when the grocery store has lobster tails for \$5.00 a piece, it was worth cooking at home. Cooking a whole lobster is a lot more difficult than just the tails. Crack the tails to allow them to cook better and be easier to eat. Nut cracker implements help get the meat out of hidden areas. It's a messy meal. Wet washcloths at every plate are necessary. The double boiler method requires plenty of liquid and the seafood stew is not stirred.

### **Pre Cook Preparation:**

**Marinate: No**

**A. Timer set to thaw meat for about 2 hours**

**B. Timer set to the time to begin preparation prior to cooking**

**C. Stay with meal**

### **Meal Adaptations:**

#### **Physical Accommodations:**

**Cut meat into bite sized pieces before sitting down**

**Frozen or canned vegetables can be used**

**Long oven mitts and oven rack puller**

#### **Visual Accommodations:**

**Colored chopping boards**

### **Potential Food Allergy or Intolerance:**

**Broccoli**

**Butter (lactose)**

**Clams**

**Crab**

**Fish**

**Lobster**

**Mushrooms**

**Mushroom Soup (gluten)**

**Mussels**

**Octopus**

**Onions**

**Oysters**

**Pepper**

**Salmon**

Shrimp  
Spices  
Squid  
Tuna

**Meatless Preparation Avoid:**

Butter  
Clams  
Crab  
Lobster  
Mussels  
Octopus  
Oysters  
Salmon  
Shrimp  
Squid  
Tuna

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board  
Fork  
Paring knife  
Pot holders  
Spatula  
Spoon  
Pan: 1 double boiler with strainer insert

**Ingredients:**

**Meat: (listed can ounces may vary)**

2 lobster tails  
6.5 ounces of clams  
6.5 ounces of crab  
4 ounces of mushrooms  
5 ounces of tuna  
5 ounces of salmon  
5 ounces of miniature shrimp

**Optional:**

4 ounces of mussels  
4 ounces of octopus  
8 ounces of oysters  
4 ounces of squid

**Vegetables:**

6 ounces of peas

**Other ingredients:**

2 tablespoons of butter

Mushroom soup (gluten free)

**Preparation time: 10 minutes**

**Preparation:****1. Add to the double boiler:**

6.5 ounces of clams

6.5 ounces of crab

4 ounces of mushrooms

18 ounces of mushroom soup

6 ounces of peas

5 ounces of salmon

5 ounces of miniature shrimp

5 ounces of tuna

**2. Stir mixture.****3. Add small strainer to the top of the double boiler.****4. On a cutting board, slice the lobster tails open.****5. Place the lobster tails in the strainer of the double boiler.****6. Add a tablespoon of butter inside the opening of each tail.****7. Cover and cook on medium until lobster meat changes color.**

**Cook Temperature: Medium to low**

**Cook Time: About 10 to 15 minutes (Do not overcook lobster)**

**Servings: 2 servings with lobster. Stew may make 4 servings.**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Not recommended.

## Salmon or Mackerel Patties

Salmon and mackerel patties are another childhood favorite I thought I would have to give up due to gluten intolerance. Years ago, that would have been true. Now, many corn and rice cereals are gluten free and can be used in the place of cracker crumbs. Oatmeal and instant mashed potatoes are other options to use, and each add a unique flavor and texture. These patties make an easy to carry lunch. They can be frozen in individual servings for a quick fish meal. Barbecue sauce and ketchup are commonly used to add moisture after baking.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 20 minutes later, when meal should be ready to eat
- C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

### Potential Food Allergy or Intolerance:

- Bread (gluten)
- Butter (lactose)
- Cereal (gluten)
- Crackers (gluten)
- Eggs
- Mackerel
- Mushrooms
- Oatmeal (gluten)
- Onions
- Pepper
- Potatoes
- Salmon
- Spices

**Meatless Preparation Avoid:****Butter****Mackerel****Salmon****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Pot holders****Spoon****Pan: 2.5 quart oven safe pan with lid****Frying is an option, not covered****Ingredients:****Meat: (Some can sizes may vary by an ounce.)****2 large eggs****15 ounces of mackerel, or****15 ounces of salmon****Vegetables:****15 ounces of carrots****15 ounces of peas****15 ounces of potatoes (mashed)****Other ingredients:****1 cup of crushed corn cereal (gluten free), or****1/4 cup of oatmeal (gluten free)****1 cup of instant mashed potatoes****1 cup of crushed rice cereal (gluten free)****Dash of salt****Spices, such as pepper, to taste****Optional:****Barbecue sauce (gluten free)****Ketchup****Preparation time: 10 minutes**



**Preparation:**

1. Butter bottom of 2.5 quart (oblong) oven safe pan with lid.
2. In a large mixing bowl:  
Squash the 15 ounces of mackerel or salmon into tiny chunks.
3. Add:
  - 1 cup of crushed gluten free corn cereal, or one of the following:
    - 1 cup of instant mashed potatoes
    - 1 cup of gluten free oatmeal
    - 1 cup of crushed gluten free rice cereal
  - 2 large eggs
  - A dash of salt
4. Mix well.
5. If the mixture is too dry, add a little ketchup or barbecue sauce.
6. If too moist, add a little more of one ingredient of choice from gluten free cereal, oatmeal, or potatoes.
7. Make mixture into patties and place in buttered 2.5 quart oblong oven safe pan with lid.
8. Cover and place pan in oven.

**Cook Temperature: 350 degrees**

**Cook Time: About 20 minutes (Do not overcook. Patties should be moist)**

**Servings: 4 to 6**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## **Shrimp Stir Fry**

Shrimp stir fry will use up any leftover seafood from the lobster stew, added to a bed of rice or noodles. Canned seafood is well salted, almost too salty. Salt allows muscles and joints to work properly. If they aren't, this might be just the meal to perk them up! Don't crash on the floor, add one dash, a healthy one, to regular fresh food meals. This isn't a regular meal. This advice is dependent on the food you eat. Don't add additional salt without checking sodium levels with a qualified doctor.

### **Pre Cook Preparation:**

**Marinate: No**

**A. Timer set to the time to begin preparation prior to cooking**

**B. Stay with meal to stir frequently**

### **Meal Adaptations:**

#### **Physical Accommodations:**

**Cut meat to bite sized pieces before sitting down**

**Frozen or canned vegetables can be used**

**Long oven mitts and oven rack puller**

**Sit on a stool while stirring**

#### **Visual Accommodations:**

**Colored chopping boards**

### **Potential Food Allergy or Intolerance:**

**Broccoli**

**Butter (lactose)**

**Clams**

**Crab**

**Mushrooms**

**Mussels**

**Octopus**

**Oysters**

**Pepper**

**Shrimp**

**Spices**

**Meatless Preparation Avoid:****Butter****Clams****Crab****Mussels****Octopus****Oysters****Shrimp****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan: 8 inch frying pan****Ingredients:****Meat:****6.5 ounces of clams****6.5 ounces of crab****4 ounces of mushrooms****5 ounces of miniature shrimp****Vegetables:****4 ounces of broccoli****4 ounces of carrots****4 ounces of peas****Other ingredients:****4 ounces of rice****2 tablespoons of cooking oil****Spices such as pepper to taste****Preparation time: 10 minutes**

**Preparation:**

1. Add enough cooking oil to cover the bottom of the 8 inch frying pan.  
Turn heat on low.
2. Add to pan:
  - 4 ounces of broccoli
  - 4 ounces of carrots
  - 6.5 ounces of clams
  - 6.5 ounces of crab
  - 4 ounces of mushrooms
  - 4 ounces of peas
  - 4 ounces of rice
  - 5 ounces of miniature shrimp
  - 5 ounces of tuna
3. Stir frequently. Cook until boiling.
4. Turn down heat, and allow to simmer until liquid boils away.

**Cook Temperature: Medium to low**

**Cook Time: About 20 minutes**

**Servings: 2**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Not recommended**

## Seafood Salad

Recipes for seafood salad have changed over the years. Once upon a time, tuna cans were so tightly packed with tuna there was no room for water. Now, that's not the case. This has been known to lead to watery tuna or seafood salad, based on older recipes. This recipe must be adjusted each time it is made due to varying liquid amounts in the cans. Many variations on basic tuna salad exist, including mixing it with cooked noodles. This is not a safe salad to take on a picnic beyond the backyard. It will spoil quickly if unrefrigerated.

### Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Crab

Cracker crumbs (gluten)

Eggs

Mayonnaise

Mushrooms

Onions

Pepper

Relish (peppers)

Shrimp

Spices

Tuna

**Meatless Preparation Avoid:**

Crab

Eggs

Tuna

Shrimp

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board

Fork

Mixing bowl

Wooden Spoon

Pan: None

**Ingredients:****Meat:**

6.5 ounces of crab

4 boiled eggs

5 ounces of baby shrimp

5 ounces of tuna

**Vegetables:****Optional:**

6 ounces of peas

**Other ingredients:**

1/4 cup chopped celery

1/2 cup of mayonnaise (adjust as needed)

1/4 cup chopped onion

2 tablespoons of pickle relish (or diced pickles)

Dash of salt

**Optional:**

Garlic powder

Cracker crumbs (gluten free)

Lemon pepper

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Boil at full boil for 10 minutes 4 eggs.  
Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
  - 1/4 cup of celery
  - 6.5 ounces of crab
  - 4 boiled eggs
  - 1/2 cup of mayonnaise (adjust as needed)
  - 1/4 cup of onions
  - 2 tablespoons of pickles
  - 5 ounces of baby shrimp
  - 5 ounces of tunaOptional:
  - 6 ounces of peas
  - Spices such as pepper to taste
  - Commonly: garlic powder, lemon pepper
3. Mix well with a wooden spoon.
4. Add more mayonnaise if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

**Cook Temperature: None**

**Cook Time: None**

**Servings: 4**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days \* Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

Allow to warm on plate for 3 to 5 minutes before eating.



## Resources:

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Thanks!

Abby Brown

## About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

## Connect with Abby Brown

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